

A bridge between those who need and those who give

Sponsored by the City of Woodburn



Why Should You Volunteer?



What does volunteering do for the person who volunteers? I know RSVP volunteers have contributed plenty to the community. Last year 345 volunteers served more than 56,780 hours. What does that come down to in dollars and cents? According to the *Independent Sector*, who serve as the premier meeting ground for the leaders of America's charitable and philanthropic sector, it saved about \$1,065,718.00!! That's a lot of dollars saved in organizations that otherwise might not exist. What a huge saving to our community. It feels good to be part of the solution. But what does volunteering *do* for the person who unselfishly gives of their time? I found some surprising studies. Research suggests that volunteering is particularly beneficial to the health of older adults. According to one report, a study of adults 65 and older found that the positive effects of volunteering on physical and mental health come from the personal sense of accomplishment gained from volunteer activities. It also found that volunteering led to lower depression in individuals 65 and older. Volunteering can strengthen the social ties that protect individuals from isolation, while the experience of helping others leads to a sense of greater self-worth. These studies not only reinforce reasons to volunteer, but encourages those who've thought about volunteering but haven't quite gotten around to starting. Volunteering is good for you! There are many opportunities out there. RSVP can find that special niche for you, or if you're already volunteering in one area and want to try another, let me know, I'll be glad to help. Thanks for all the time you've so selflessly given to the community. It's made a huge difference. You're all awesome!!



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RSVP is a division of the National Senior Corp under the auspices of the Corporation for National and Community Service.

News from North Marion Adult Center

The State of Oregon **SNAP** is available every Thursday from 11am to 1pm. This is a nutrition program for low income seniors who need a little boost in their grocery buying. **Foot Clinic** is the first Wednesday of the month from 10 to 3pm. Call 503-981-3613 for an appointment or drop in and be worked in. **Bowl** every second and fourth Saturday at 1:30pm at Woodburn Bowl. Cost for two games is \$5 and that includes shoes. **Personal Computer User Group** meets every first Tuesday of the month at the senior center. Bring your computer questions and someone will have answers. **Tea & Fashion Show** July 10th.

Please call Beverlee Koutny at 503-981-3613 in the afternoons Monday through Friday if you have questions.



Sue Speaks Her Mind



Summer Reading for Adults! *Water Your Mind* READ. This summer (June 11– August 8) , please join the Woodburn Public Library for their first ever Adult Summer Reading Program! All you have to do is sign up at the Reference Desk, read books or listen to audio books, and place your review in the prize drawing can. Each week, they will draw names for prizes galore. Complete a puzzle or quiz for additional chances in the prize drawings. Prizes include books, mugs, book lights, gift certificates, and seeds. The grand prize (to be awarded at the end of the summer) is a gourmet dinner cruise for two on the Willamette Queen River Boat. Also there will be a free gardening program July 21 at 2 pm, *Summer Bounty Produce*, presented by Bauman Farms. Sign up in advance at the Reference Desk if you're planning to attend. Sign up for the *Water Your Mind* **READ** at the Reference Desk at the Woodburn Public Library.

Don't Forget **Music in the Park & Market Festival** starts Tuesday **July 6th** at 7 pm.



Please HelpHome Crafters Need Yarn

Volunteers needed: Meals-on-Wheels needs help this summer, kitchen help and drivers. Monday-Friday meals are delivered. **Dial-a-Ride** is always in need of drivers. Volunteers use their own car to transport clients to medical appointments. Mileage reimbursement is provided. **Woodburn Visitor's Center** at the Company Stores, 3 hour shifts, Sunday-Saturday. Meet new and interesting people from all over the world. Don't forget the **North Marion Adult Center**. If you have a talent and want to share it with others, let Beverlee know. If there is somewhere you want to volunteer, let me know. I can find a match for you. There are many opportunities throughout the county. Call the RSVP office at 503-982-5255 for more information.

Volunteer Hour Report

By completing & returning this hours reporting form, you allow RSVP to be in place to help other volunteers find their niche. If you volunteer at an actual site, there is probably a timesheet. Be sure to record your hours. If there isn't a timesheet, please use this form & return it to the RSVP office by the 10th of each month. You may also email your hours to: rsvp.woodburn@ci.woodburn.or.us

**Birds sing
after a
storm; why
shouldn't
people feel
as free to
delight in
whatever
sunlight
remains to
them?**

*Rose Fitzgerald
Kennedy*



Your Name: _____

Telephone: _____ Location: _____

Total Hours: _____ Month: _____ 2010

Project : _____ Supervisor's initials _____



Community Information and Education Page

BINGO, BINGO! Will break for the Summer, returning September.



NORTH MARION ADULT CENTER offers a **FOOT CLINIC** first Wednesday of the month 11am-4pm \$20. Call for appointment, 503-982-4531. **CASCADE PARK FOOT CLINIC** is offered the 2nd & 4th Friday of the month. 9am to 12 noon. \$20. Call 503-981-0033.

AARP Driver Safety Program is now located at **North Marion Adult Center, at the 1st Presbyterian Church 950 N Boones Ferry Rd. Woodburn.** Classes will be held **July 12th & 13th 1pm-5pm** both days. Must call 503-981-3613 to register.



LIBRARY BOOK CLUB Meets the second Thursday of every month at noon. Feel free to bring your own lunch. The Library will provide coffee, cookies, and soda for everyone. You read the selected book on your own time. On the book club date, come to the library ready to talk about the characters, story, themes, and more. **July 8th: Back When We Were Grownups** by Anne Tyler. Please spend some time reading this irresistible & touching novel. Come and talk about books with us!



News From Salemtowne

CENTER 50+ SALEM SENIOR CENTER 2615 Portland Rd. NE, Salem 503-588-6303

The new center is open and filled with many exciting workshops and classes. Next time you are in Salem, stop by and check it out!

TRIPS AHoy!! Contact the Center travel office for a complete travel guide or call 503-588-6303. Registrations are taken Mon and Thur 11am-3pm. All trips are available to anyone 21 years or older.

Center 50+ offers a wide variety of language & cultural, arts & crafts, workshops, fitness, music, personal enrichment. All classes are taught by professional, caring enthusiastic instructors. There is sure to be something to meet your goals. Call the Center at 503-588-6303 to get information on all activities at **Center 50+**, or come to the beautiful new center to register.

Volunteer Opportunities Turn that free time into helping someone else! Center 50+ thrives on volunteer power!

Monday Dance Every Monday 1pm to 3pm. No dance if there is a Holiday.

AQUATIC CENTER ACTIVITIES: Water is such a powerful natural element. The pool and spa at the Woodburn Aquatic Center harness that power, providing an environment that is soothing and restorative, as well as just plain fun!

Open Swim: Monday-Friday 1-3:30pm Saturday & Sunday 1-5pm

Lap Swim & Adult Swim: Monday-Friday 5:30am-4pm & 6-8:30pm Saturday & Sunday 1-5pm (2 lanes open)

ARTHRITIS AQUATIC CLASS Tues & Thurs 9:30-10:15 am

HIP FLEXIBILITY Fridays 9-10 am

DEEP WATER FITNESS Mon & Weds & Fri 8-9 am

AQUAROBIcs M/W/F 8-9am and Tue/Thu 6-7pm

DEEP WATER FITNESS M/W/F 8-9 AM **WATER WELLNESS** M/W/F 9:15-10:15am Tue/Thu 8-9am Also Mon-Thu 6-6:55 pm

Support the local **AWARE** food bank. Non-perishable food and monetary donations accepted. Drop-boxes at City Hall, Library and Senior Estates or at AWARE, 680 N. 1st Mailing address PO Box 551 Woodburn, OR 97071.

KEIZER/SALEM AREA SENIORS CENTER 930 Plymouth Dr. Keizer 503-390-7441

PANCAKE Breakfast Saturday July 3rd 8am. All you can eat for \$3.50 **MONDAY** Breakfast 8-10 am. We have a menu. **Dance** Every Friday 9 am July 2nd Theme dance **Foot Clinic:** Thur. July 8th & 22nd by appt. 503-390-7441. **AARP Driving Class** July 6th & 8th 12-4pm Call to register 503-390-7441. Many activities during the week, call center for details 503-390-7441. **No Saturday night dance July 17th**

SOUTH SALEM SENIORS 6450 Fairway Salem 503-588-0748

Daily lunch program by Northwest Senior & Disability Services. Lunch served at noon, Monday-Friday. All seniors 60 years and older. Suggested donation of \$2.75. Volunteers always needed. **Foot Clinic,** every



Friday, appt needed 9am. **Pan-cake Breakfast** Saturday June 17th 8-10am \$4.00, all you can eat!



SENIORS RSVP IN ACTION

Community Services
Woodburn City Hall
270 Montgomery Street
Woodburn, OR 97071

Phone: 503 982-5255
Fax: 503 980-2448
Email: rsvp.woodburn@ci.woodburn.or.us

RSVP Project Director:
Susan Fofana-Dura



A bridge between those who need and those who give.

We're on the web!

www.woodburn-or.gov/parks

WHAT'S HAPPENING

Out & About is your guide for the summer activities. Look for an exciting list of trips for active adults. All trips leave from Settlemier Park parking lot. Register for the trips at the Aquatic Center or call 503-981-7946.

The **King and I** at Broadway Rose Theater. Rogers & Hammerstein's classic is a stunning tale of learning to love and learning to change. The **King and I** is one of the most exquisite stories ever told on stage. Thursday, **July 8**; 6pm-11pm (show time at 7:30pm) \$45 for transportation & show tickets. Register by June 23.



Lan Su Chinese Garden & Dinner, Portland. This trip begins with dinner at the Golden Horse Chinese Restaurant, followed by a guided tour of the gardens. This is a rare opportunity to experience the Garden at dusk. Musicians provide relaxing background sounds & wine is available for purchase. **Monday, July 19**; 4:30pm-9pm. \$15 for transportation & garden admission, dinner is on your own.



7 Feathers Casino in So. Oregon & Wildlife Safari. This adventure includes a **1 night stay** at 7 Feathers. On the way home, we will travel to Wild Safari. Wednesday August 4—Thursday August 5" Departing at 1 pm and returning the next day at 5 pm. \$110 based on dual occupancy. All food and gambling is on your own. Includes admission to Wildlife Safari.



RSVP

Woodburn City Hall
270 Montgomery Street
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Marion County Retired & Senior Volunteer Program

